

One Day in Your Life

Lesson 1

First day at a new school

Jessica:

Well, actually, on my first day I woke up and I was all... just relaxed in my house and we got a phone call saying you can start whenever, so I packed my bag and just came, so it was kind of, like a surprise, really, so I didn't have time to panic about it.

Once I walked into the school I was... don't think I ever stopped shaking, I was just really nervous. I didn't know anybody, so I was just really scared all day but, yeah, quickly I made new friends.

Well, my first lesson... I was in a maths lesson and I sat down and I was next to a girl called Tasrin and, yes, straightaway she just asked me: 'Have you got a pen?' And after that we just started talking and, yeah, we're just really good friends now.

My advice for people that are starting new schools is just be very friendly and very smiley and I just think people are gonna notice that you're a nice person and they're just gonna want to be friends with you.

actually – w rzeczywistości, tak naprawdę (wbrew wcześniejszym oczekiwaniom)
to wake up – obudzić się

I was all relaxed – byłam zupełnie zrelaksowana

phone call – telefon (jako rozmowa telefoniczna/wykonywana czynność)

whenever – kiedykolwiek, tu: w każdym terminie

to pack - pakować

bag - torba

surprise – niespodzianka, zaskoczenie

to panic - panikować

once – tu: kiedy już, po tym jak

to shake – trząść się

nervous – nerwowy, tu: zdenerwowany

scared – przerażony, przestraszony

to make friends – zaprzyjaźniać się

straightaway – od razu

to be good friends – być w zażyłej przyjaźni z kimś

advice – rada

friendly – przyjazny, życzliwy, miły

to be smiley – być uśmiechniętym, roześmianym

gonna = going to

to notice – zauważyć

uzupełnij zdania:

1. Don't be scared to (start, make, do) new friends.
2. Here's my (advice, advise, advisor).
3. Be very friendly and smiley and lots of people will be (friend, friend's, friends) with you.

odpowiedzi:

1. make
2. advice
3. friends

Lesson 2

The Exam

Simone:

I am quite a worrier, actually. I like to have everything really organized so I don't have to worry. So I tend to find out exactly what I have to do and then have quite a coherent timetable which I follow, because otherwise I do get really stressed.

I used to have a special stone I took with me, but then I started getting worried that if I didn't have it, the exam wouldn't go as well, so I kind of weaned myself off that.

When I say I weaned myself off the stone, I just realized I should stop taking it with me, so at the end of that year's exams I just put it away and I haven't found it since, so it's been OK.

When I've finished my exams I think I'm probably going to have a good rest and party a lot with my friends without being worried about studies.

exam – egzamin

worrier - osoba, która się czymś wciąż zamartwia

actually – w istocie, w rzeczy samej, faktycznie, naprawdę

to organize - organizować

to worry – martwić się

to tend to – na ogół coś robić; mieć zwyczaj, tendencję do robienia czegoś

exactly - dokładnie

coherent – spójny, koherentny

timetable – tu: rozkład zajęć, kalendarz, terminarz

to follow – postępować według czegoś, zgodnie z czymś, stosować się do czegoś (np. do wyznaczonego planu zajęć)

to get stressed – stresować się

stone - kamień

to get worried – martwić się
the exam wouldn't go as well – egzamin nie powiódłby się równie dobrze
kind of – *tu: nic nie znaczący wtręt w rozmowie*
to wean oneself off sth – odzwyczajić się od czegoś, oduczyć, odwieść
to realize – zdać sobie sprawę
to put away – odłożyć, schować
to find - znaleźć
to have a good rest – dobrze odpocząć
to party – bawić się na imprezach
studies - studia

uzupełnij zdania:

1. A person who worries a lot is a (warrior, worrier, warier).
2. I want to wean myself (of, off, over) this silly habit.
3. A list showing times at which particular events will happen is called a (time sheet, timetable, time keeper).

odpowiedzi:

1. worrier
2. off
3. timetable



Lesson 3 The driving test

Jonathan:

I check all my blind spots, look around to make sure there's no cars coming and then I indicate to pull out... Then I take my handbrake off... I've been driving for about 4 or 5 months now, so I feel fairly confident, hopefully I'll pass my test when it comes to it.

I'm looking forward to, when I pass, driving out to the country or somewhere and visiting friends who live far out. That's what I'm looking forward to.

I'm not feeling nervous about my test... If you like...I'm trying not to think of it, because I won't wind myself up. I'm expecting - so there's no disappointments - to fail, but I don't want to, 'cause I'm hoping I don't fail.

driving test – egzamin na prawo jazdy
to check – sprawdzać
blind spot – *tu: martwy punkt, poza polem widzenia kierowcy*
to look around – rozglądać się
to make sure – upewnić się
to indicate – sygnalizować, włączyć kierunkowskaz
to pull out – ruszyć, odjechać
to take the handbrake off – zwolnić hamulec ręczny

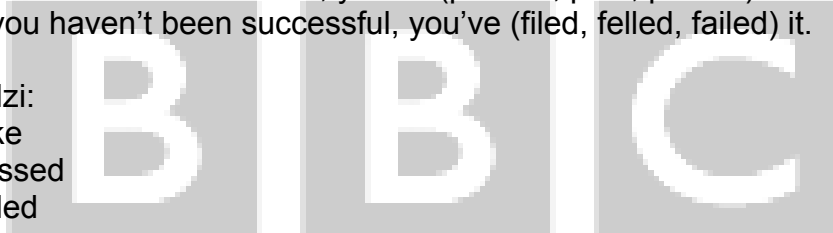
to drive – prowadzić samochód
confident – pewny (czegoś, np. sukcesu)
hopefully – tu: miejmy nadzieję, przy odrobinie szczęścia
to pass the test – zdać egzamin
when it comes to it – tu: kiedy nadejdzie pora egzaminu
to look forward to sth – wyczekiwać czegoś, oczekiwać, cieszyć się na coś
the country – wieś
far out – daleko
to feel nervous – być zdenerwowanym
to wind oneself up – 'nakręcić się', wprowadzić w nerwowy stan
to expect – oczekiwać, spodziewać się
disappointment – rozczarowanie
to fail – tu: oblać, nie zdać (egzaminu)
'cause = because – ponieważ
to hope – mieć nadzieję

uzupełnij zdania:

1. You (do, take, make) a driving test.
2. If you've been successful, you've (passed, past, pasted) it.
3. If you haven't been successful, you've (filed, felled, failed) it.

odpowiedzi:

1. take
2. passed
3. failed



Lesson 4

Moving in with boyfriend

Majlinda:

It is a big change because I will be with my boyfriend every day now and every night. So far I have been staying there, it's not that I haven't...I mean, I have been there maybe every other day, or...but nowadays it will be every day in there, so it's a challenge in a way, but ... we have a good relationship with each other, so I think we will make concessions to each other.

First of all I didn't tell her, I talked to my aunt first. And then my aunt told her in a way and then I phoned her and told her that I am moving in with my boyfriend. I was a little bit worried, you know, I mean, it's a different culture here, different way of living so I had to know when to tell my Mum and how to tell the news to her.

I am excited because I am thinking, I mean, I know that we have decided to get married next year, so it's good in a way that we are living together first, so that

we know more about each other when we are really going to be married, so I am excited.

to move in with boyfriend – zamieszkać razem ze swoim chłopakiem

change - zmiana

every other day – co drugi dzień

every day – co dzień

challenge – wyzwanie

in a way – w pewien sposób, jakoś

good relationship – dobry związek

to make concessions – robić/iść na ustępstwa

aunt - ciotka

worried - zmartwiony

way of living – sposób/styl życia

news – wiadomość

excited – podekscytowany, podniecony

to get married – pobrać się

uzupełnij zdania:

1. If you and your boyfriend decide to live together, you move (on, in, with) together.
2. When you're willing to compromise, you learn how to (do, make, arrange) concessions.
3. Sometimes it's difficult to decide, whether to (become, start, get) married or not.

uzupełnij zdania:

1. in
2. make
3. get

Lesson 5

Getting engaged

Rebecca:

Martin proposed to me the day before my birthday. It was a complete surprise, I had no idea he was going to ask me. I wanted him to ask me I didn't want to have to ask him. I'm an old-fashioned kind of girl - I'd rather he did the asking.

The first person that I told was my best friend Lizzie. We were in a pub having a drink and she said you're smiling an awful lot today you look really happy. I said: "Yeah, Martin proposed".

Martin doesn't want to wear a ring, he's not a big fan of jewellery. He says he'll wear a wedding ring but only because he has to. But no, I like my ring! It's a

platinum band with 3 diamonds in a row to represent the past the present and the future.

Yes! It wasn't the most expensive one I could find but it was quite pricey. But it was a ring that really spoke out to me and I said: "Yeah, I really do like that".

to get engaged – zaręczyć się

to propose – oświadczyć się

the day before – w przeddzień

birthday – urodziny

surprise – niespodzianka

I had no idea – nie miałam pojęcia

to ask – tu: poprosić o rękę

old-fashioned – staromodna, staroświecka

I'd rather he did the asking – wolałabym, żeby to on (tu:) poprosił mnie o rękę

to tell – powiedzieć

to smile – uśmiechać się

an awful lot – strasznie dużo

happy – szczęśliwy

to wear – nosić (np. obrączkę)

wedding ring - obrączka

jewellery – biżuteria

platinum band – platynowa obrączka (tu: pierścionka zaręczynowego)

in a row – w rzędzie

the past – przeszłość

the present – teraźniejszość

the future – przyszłość

expensive – drogi, kosztowny

pricey – (kolokwialnie) drogi

(it) spoke out to me – tu: przemówił do mnie, spodobał mi się

uzupełnij zdania:

1. A woman gets an engagement ring when she (becomes, gets, decides) engaged.
2. When a man asks a woman to marry him, he (proposes, propositions, presupposes).
3. Some people don't like to (carry, wear, weir) wedding rings.

odpowiedzi:

1. gets
2. proposes
3. wear

Lesson 6

Getting married – the bride

Sam:

We've basically been engaged for approximately a year and a half. One of the reasons was, so that we could have a long time to save up for the wedding, because we're paying for it ourselves. But it has also allowed us to use that time to start doing little bits by little bits of preparation for the wedding as well.

We don't argue about what we want to plan. Sometimes I'm really keen to get things sorted whereas Mel's quite relaxed, so sometimes I'll be trying to get something finished or finalised, and Mel's quite relaxed and doesn't understand why I'm getting a little bit worked up about it, but ultimately, Mel understands why I want to get things done, so it works out OK in the end.

to get married – pobrać się

the bride – panna młoda

to be engaged – być zaręczonym

approximately – około

reason - powód

to save up for something – zaoszczędzić na coś

wedding – ślub, wesele

to pay – płacić

to allow – pozwalać

to use – wykorzystać, użyć

little bits by little bits – po trochu

preparation – przygotowanie

to argue – kłócić się

to be keen – być chętnym, gorliwym

to get things sorted – połatwiać sprawy

whereas – podczas gdy

to understand – rozumieć

to get worked up about sth – przejąć się czymś, zdenerwować, podniecić

to get things done – połatwiać sprawy

to work out – powieść się, udać, ułożyć

uzupełnij zdania:

1. It took us a long time to save (up, down, out) for the wedding.
2. I'm trying not to get worked (up, down, out) about my wedding.
3. I'm sure everything will work (up, down, out) OK in the end.

odpowiedzi:

1. up
2. up

3. out

Lesson 7

Getting married – the groom

Mel:

Things that we had to run through were: the car for the day, to pick Sam up, the venue, we've got the photographers, we've booked a disco for the evening, flowers, we had to talk to the florists...I'm probably not going to remember everything, because Sam always organises it! But there's the cars, the photographer, there's booking the venue, there's florists, the invitations, there's sorting out who to invite, so discussions about that...There's probably more things that I've forgotten, but I'm sure Sam will remind me in due course.

Traditionally it used to be the parents of the bride that used to actually pay for the wedding. I don't think that really happens now. I think couples tend to prefer the independence of being able to organise the wedding for themselves. We certainly wouldn't have expected Sam's family or my family to actually pay for the wedding.

to get married – pobrać się

the groom – pan młody

to run through – przejrzeć (np. listę spraw do załatwienia)

to pick up – tu: odebrać, podwieźć, pojechać po

venue – miejsce

florist – kwiaciarz, kwiaciarka

to remember – pamiętać

to book – rezerwować

invitation – zaproszenie

to sort out – załatwić, zaaranżować

to forget – zapomnieć

to remind – przypomnieć

in due course – w odpowiednim czasie

used to – wyrażenie, którym wyrażamy czynność zwyczajową z przeszłości

to pay - płacić

wedding – ślub, wesele

to tend to – na ogół coś robić, mieć zwyczaj, tendencję

to prefer – woleć

independence – tu: niezależność

to expect – oczekiwać, spodziewać się

uzupełnij zdania:

1. Traditionally, the parents of the bride (were used to, used, used to) pay for the wedding.
2. We must sort (up, off, out) who to invite to the wedding.

3. Here's a list of things we have to run (across, through, by).

odpowiedzi:

1. used to
2. out
3. through

Lesson 8

An arranged marriage

Shahzeb:

I was trying to assess whether this person will be suitable for my sister or not, looking at their family background, financial stability, his nature and so on, age differences, obviously. So, yeah, that was, kind of... my criteria in assessing who would be the right person for her.

So this one guy I met he was very well-off, I mean he was... in most people's eyes he would be an ideal person. He had a good job, a nice apartment and everything, but I knew from my experience and from common sense that he couldn't have made all this money if he wasn't corrupt. He was in a government job and I didn't want my sister to end up with somebody with those kinds of values.

Well, I suppose as soon as the conversation, kind of, took off. He has a great sense of humour and so he's the kind of person... you would enjoy his company and I think that really works well. Well, I mean it worked, obviously!

arranged marriage – małżeństwo zaaranżowane, małżeństwo z rozsądku

to assess – oceniać, osądzać

person - osoba

suitable – odpowiedni

family background – środowisko rodzinne, pochodzenie

financial stability – stabilizacja finansowa

nature – natura; tu: charakter, osobowość

age difference – różnica wieku

kind of ... – *wtręt, który nic nie znaczy (podobnie jak: well, you know)*

criterion – kryterium (liczba mnoga: criteria)

the right person – odpowiednia/właściwa osoba

well-off – dobrze sytuowany, zamożny

in most people's eyes – dla większości ludzi, w mniemaniu większości ludzi

job – praca

apartment – mieszkanie

experience – doświadczenie

common sense – zdrowy rozsądek

corrupt – skorumpowany
government job – praca na stanowisku urzędnika państwowego
to end up – skończyć
kind – tu: rodzaj
value – wartość
to take off – tu: rozpocząć się
sense of humour – poczucie humoru
to enjoy sb's company – dobrze się czuć w czyimś towarzystwie
it works well – to zdaje egzamin, pomyślnie się układa

uzupełnij zdania:

1. When you're well-off, you're (well spoken, rich, well presented).
2. I don't want to end (of, off, up) with somebody who's got the wrong set of values.
3. I must find out who would be (a, an, the) right person for my sister.

odpowiedzi:

1. rich
2. up
3. the

Lesson 9 Having a baby – Mum's story

Lynn:

It's amazing how little... you forget how little they are and you forget how much work they are and how exhausting they are. You forget a lot about having a baby from one to the next. But they are exciting.

I'm not worried about it. I'm not looking forward to it particularly. I'm not fit enough for the birth and I know I'm not prepared physically for it. However, I also know there's not very much I can do about that at the moment, because I get very, very tired.

It's supposed to be a little girl, so we have a little girl's name picked out, we don't have a little boy's name picked out yet - that'll be a last minute thing, if it's a little boy when it comes out!

having a baby – tu: narodziny dziecka
Mum's story – opowieść, opowiadanie Mamy
amazing – zadziwiający
to forget – zapominać
you forget how much work they are – zapominasz, ile wymagają pracy
exhausting – wycieńczający
exciting – ekscytujący

to be worried – martwić się, niepokoić
to look forward to sth – oczekiwać czegoś z radością, wyczekiwać
to be fit – być w dobrej kondycji fizycznej
birth – poród
to be prepared – być przygotowanym
tired – zmęczony
it's supposed to be a little girl – to ma być dziewczynka
to pick out a name – wybrać imię
a last minute thing – rzecz, którą się robi w ostatniej chwili
to come out – wyjść; tu: urodzić się

uzupełnij zdania:

1. Little babies are (much, many, a lot of) work.
2. I'm not (fit, fits, fitted) enough for the birth.
3. I haven't picked (up, out, at) a name for my baby yet.

odpowiedzi:

1. a lot of
2. fit
3. out



Lesson 10 Having a baby – Dad's story

David:

It transpired that she was having, what's called a backache labour, where the baby's spine was pressing on her spine, which was why it was particularly painful... And she was just saying to me: "Rub my back, rub my back...". And so I was doing this endlessly for about 20 hours or more, in fact it was about 23 hours...

That was the first time Briley actually got any relief, 'cause they gave her some gas and air to tackle the pain. And I remember, she was crying out, making an awful lot of noise and at one point some builders, who were working outside joined in, which was considerate of them.

And eventually, my daughter was born and it was the most extraordinary and incredible experience of my life. She was just this little grey and cinnamon coloured thing, covered in cream cheese, steaming. And just the most beautiful thing I've ever seen in my life. And I just sobbed and sobbed my heart out for about 10 minutes...in, I suppose, the greatest joy I've ever experienced in my life.

Dad's story – opowieść, opowiadanie Taty
to transpire – okazać się
backache – ból pleców
labour – poród
backache labour – tu: bolesny poród, w którym kręgosłup dziecka naciska na kręgosłup matki
spine – kręgosłup
to press – naciskać
painful – bolesny
to rub – pocierać, masować
endlessly – bez końca, tu: bez przerwy, nieustannie
relief – ulga
they gave her some gas and air – dali jej butlę z gazem i tlenem
to tackle – uporać się, stawić czoła, opanować
to remember – pamiętać
to cry out – głośno krzyczeć
to make a noise – hałasować
at some point – w pewnym momencie
builder – robotnik, budowlany
to join in – przyłączyć się, włączyć
it was considerate of them – wykazali takt, uprzejmość
eventually – w końcu
to be born – urodzić się
extraordinary – cudowny, nadzwyczajny
incredible - niewiarygodny
experience – doświadczenie, przeżycie
grey – szary
cinnamon coloured – cynamonowy, w kolorze cynamonu
covered – pokryty
cream cheese – ser śmietankowy
steaming - parujący
to sob one's heart out – rzewnie płakać, łkać
joy – radość
to experience – doświadczyć

uzupełnij zdania:

1. She got gas and air at the hospital for pain (relieve, relief, relive).
2. Some people cannot (tackle, grip, wrestle) pain very well.
3. She cried so much; she nearly sobbed her heart (away, out, up).

odpowiedzi:

1. relief
2. tackle
3. out

Lesson 11

Visiting Dad in America

Well, I'm just at Heathrow airport. I'm checking in, because I'm on the way to LA. I'm really excited because this is the first time I'll have seen my Dad for a year, 'cos he lives in America. And there's a new addition to the family because his wife has just had a baby. So it's gonna be a great meeting and I'm really looking forward to it.

She looked just like my Dad, it was like a mini version of my Dad. I could really see it in her eyes, actually. But she's lovely, she's gorgeous.

I wish I'd had longer, actually, because when you first arrive at a place when you haven't seen people for a while, there's this... Even though it's your Dad, there is an element of formality and politeness, and... I felt as though I was just beginning to relax and feel as though I was part of the family and I had to go, and that's a bit sad. I think I probably needed a little bit longer.

to visit – odwiedzać
airport – lotnisko
to check in – odprawiać się
on the way to – w drodze do
LA = Los Angeles

excited – podekscytowany, podniecony

Dad – Tata

addition – dodatek

family – rodzina

wife - żona

to have a baby – tu: urodzić dziecko

meeting – spotkanie

to look forward to sth – oczekiwać z radością, cieszyć się na coś

to look like – wyglądać jak

mini version – mini wersja

gorgeous – cudowny, śliczny

I wish I'd had longer – tu: szkoda, że nie mogłam zostać dłużej

actually – w rzeczy samej, w istocie

for a while – przez pewien okres czasu

formality – formalność

politeness – uprzejmość

as though – jak gdyby

to be part of the family – być częścią rodziny

sad – smutny



uzupełnij zdania:

1. You have to check (at, in, out) at the airport before you fly.
2. She looked just (as, like, alike) my Dad.
3. I felt I was (a part, the part, part) of the family.

odpowiedzi:

1. in
2. like
3. part

Lesson 12

First day at work

Al:

I wasn't too nervous yesterday. I was beginning to worry a little but it was really this morning, when I started to put the suit on and get ready to come into work, it started to make me a little bit more nervous.

I did have a bad experience with my photo for my staff identity card, 'cos I inadvertently shut my eyes when the flash went off and so they couldn't take another one, so it was a sort of one shot and that was it, and so I've got this hideous photo badge for the rest of my time at this firm.

You have to bring your own drinks in. They've got like a tea club where you provide tea bags and buy milk every now and again... Unfortunately, I didn't know this when I came in this morning, so I haven't had a drink all day 'cos I didn't bring any tea bags or anything... So I was parched when I left work today. Tomorrow I must remember to take my own mug in so I can have my drinks.

first day – pierwszy dzień

at work – w pracy

nervous – zdenerwowany, nerwowy

to worry – martwić się

to put the suit on – włożyć garnitur

to get ready – przygotować się

bad experience – niemiłe przeżycie, doświadczenie

photo – zdjęcie, fotografia

staff identity card – identyfikator, plakietka identyfikująca członków personelu

inadvertently – niechcący, nieumyślnie, w sposób niezamierzony

to shut – zamknąć

eye – oko

when the flash went off – kiedy błysnął flesz

to take a photo – robić zdjęcie

one shot and that was it – jedno zdjęcie i na tym koniec

hideous – okropny, wstrętny

photo badge – plakietka/identyfikator ze zdjęciem
to provide – dostarczać, tu: przynosić
tea bag – torebka herbaty ekspresowej
milk – mleko
every now and again – co jakiś czas
to have a drink – napić się, wypić
I was parched – byłem ‘wysuszony’, odwodniony
to remember - pamiętać
mug - kubek

uzupełnij zdania:

1. I have to put the suit (in, on, upon) when I go to work.
2. I inadvertently shut my eyes when the flash went (of, off, away).
3. Now I have this hideous photo on my (stuff, staff, stiff) identity badge.

odpowiedzi:

1. on
2. off
3. staff

Lesson 13

The day I got the sack

Elizabeth:

Well, I loved the hotel, I liked the manager even better, but the problem was, I wasn't very interested in actually operating the switchboard. I just found it extremely boring, so each time a guest phoned from the room and asked me to connect him to a number in, say, Sevenoaks, I used to say to myself: "Seven – what? Seven oaks?" I didn't know what it was and I didn't know how to operate the switchboard. So, what did I do? I didn't do anything. I was just sitting there, painting my fingernails or phoning a friend.

The manager whom I liked so much called me to his office, and then he asked me... he said: "Elizabeth, do you think you will make a good telephonist?" And I replied, rather contemptuously: "Telephonist? I don't want to be a telephonist in my life!" So, they paid me for two weeks' work and told me to go home. I took the money, I didn't go home. I went to Biba and I spent every single penny there ... that day, the day I got the sack.

to get the sack – stracić pracę, zbyć wywalonym z pracy
to operate the switchboard – obsługiwać centralę telefoniczną
boring – nudny
guest – gość
to phone – dzwonić, wykonać telefon
room – pokój

to ask – prosić, pytać
to connect – połączyć
Sevenoaks – miejscowość pod Londynem
to paint - malować
fingernails – paznokcie
friend - przyjaciel
office – biuro
telephonist – telefonistka (również: switchboard operator)
to pay – płacić
two weeks' work – dwa tygodnie pracy
to go home – iść do domu
to take – brać
Biba – znany sklep z modnymi ciuchami, założony i prowadzony w Londynie przez Polkę, Barbarę Hulanicką, w latach 1964-1975
to spend – wydawać
I spent every single penny – wydałam wszystko, co do pensa

uzupełnij zdania:

1. When your employer terminates your work suddenly, usually because you've done something wrong, you get the (suck, sack, sac).
2. I didn't want to (work, run, operate) the switchboard, because I found it extremely boring.
3. They paid me for two weeks' work and I spent (every, each, all) single penny that day.

odpowiedzi:

1. sack
2. operate
3. every

Lesson 14

Moving house

John:

We moved for quality of life reasons - we wanted to give our children - we have 3 children - a better quality of life, more freedom to play, to have more fresh air, to be outdoors more often.

Because we've got 3 children and we had been living in our London house for just over 10 years, as you can imagine, we had a huge number of belongings and awful lot of stuff, a vast array of junk items.

Old mirrors, old beds, huge numbers of empty pots of paint that were being kept for no apparent reason, old lawn mowers.

The very first thing we did when we moved into our new house was to do something very typically British, which was to have a nice cup of tea.

moving house – przeprowadzka do nowego domu

to move – tu: przeprowadzać się

quality of life – jakość życia

reason – powód, przyczyna

more freedom to play – większa swoboda zabawy

fresh air – świeże powietrze

to be outdoors – być na dworze

huge number – ogromna liczba

belongings – rzeczy, dobytek

an awful lot – okropnie dużo, mnóstwo

stuff – rzeczy

vast array – szeroki asortyment/ wachlarz, szereg

junk – śmieci, rupiecie

item – rzecz, artykuł, sztuka (np. odzieży)

mirror – lustro

bed – łóżko

pot of paint – puszka farby

to keep – trzymać, kolekcjonować

for no apparent reason – bez (konkretnego) powodu

lawn mower – kosiarka

to have a cup of tea – zrobić sobie filiżankę herbaty, napić się herbaty

uzupełnij zdania:

1. We moved (a house, house, the house) because we wanted to give our children a better quality of life.
2. We want them to have more (liberty, freedom, independence) to play outdoors.
3. We had an awful lot of (refuse, junk, litter) in our old house.

odpowiedzi:

1. house
2. freedom
3. junk

Lesson 15

Emigrating to Australia

Jo:

Hi, I'm Jo and I'm moving to Australia in about 8 months' time. I'm just at the High Commission at the moment ...and basically I'm just waiting for the forms, so I can fill the forms in, finish off the application and get it in.

When I was in Australia, I was there for a year and a half and I met my boyfriend there. Since then he's come over here and been here for a year and we plan to go back and get married.

There's a lot of things to think about - where we're going to live, all the bureaucracy of it is quite hard to get through. There's a lot of things you have to provide, it's not just getting on a plane and going.

I think the hardest thing is going to be saying goodbye to my Mum. I've been thinking about it for a long time now. I've come to terms with the fact that I'm leaving my friends and you'll always make new friends when you're over there. But it's going to be hard to leave my Mum.

to emigrate – emigrować
to move – tu: przeprowadzić się
in 8 months' time – za 8 miesięcy
High Commission – Wysoka Komisja
basically – w zasadzie
to wait – czekać
form – formularz
to fill in a form – wypełnić formularz
to finish off the application – skończyć (wypełniać/pisać) podanie
to get it in – tu: złożyć (podanie)
to meet – spotkać (się)
boyfriend – chłopak
to come over here – przyjechać tutaj
to go back – wrócić
to get married – pobrać się
to live – mieszkać
bureaucracy – biurokracja
it's hard to get through – trudno się przez nią przekopać
to provide – dostarczyć
to come to terms with the fact – pogodzić się z faktem
to leave – zostawić, opuścić
to make friends – zaprzyjaźnić się
over there – tam

uzupełnij zdania:

1. You have to fill (in, on, at) a lot of forms when you apply to emigrate to Australia.
2. Try to get the application (on, at, in) as soon as possible.
3. It's hard to get (to, along, through) so much bureaucracy.

odpowiedzi:

1. in
2. in
3. through

Lesson 16

At the hospital

Ghufran:

It was about 5 o'clock in the morning and I got an emergency call to go to one of the children's wards.

We carried on treating this boy, and it was 5 minutes, 10 minutes, 15 minutes and once a child's been... - we say once a child's been down for that long, then there's almost no chance of them coming back. And at the back of our minds was the thought that this child's got very little chance of surviving.

And we'd got to a stage where we were waiting for the senior doctor, the consultant, to arrive at the hospital to make the final decision that we should stop treatment. And then, it was funny, because as she arrived, the child got a pulse back - the child's heart started beating again - and it was an amazing thing to see.

at the hospital – w szpitalu

emergency call – nagłe wezwanie, telefon w nagłej sprawie

children's ward – oddział dziecięcy

to carry on – kontynuować

to treat – leczyć, udzielać pomocy medycznej

to be down – tu: (w żargonie medycznym) stan śmierci klinicznej

chance – szansa

to come back – tu: wrócić do życia, zacząć oddychać

at the back of our minds was the thought – chodziła nam po głowie myśl

to survive – przeżyć, wyżyć

we'd got to a stage where ... – doszliśmy to momentu, w którym...

to wait – czekać

consultant – (w szpitalu) najstarszy rangą lekarz specjalista

to arrive – przybyć

to make a decision – podjąć decyzję

treatment – leczenie, udzielanie pomocy medycznej

funny – tu: dziwny

to get the pulse back – odzyskać puls
heart – serce
to beat – bić
amazing – zadziwiający, wspaniały, cudowny

uzupełnij zdania:

1. The part of a hospital where people who need urgent treatment are taken is called Accident and (Mergence, Emergency, Urgency).
2. A person who 'goes down' for a long period of time, has very little chance (of, to, in) surviving.
3. The child's heart stopped beating, but then he got his pulse (front, back, side).

odpowiedzi:

1. emergency
2. of
3. back

Lesson 17

Having an operation

Colin:

I've got to have an operation on my eyelid to remove a wart and I'm waiting for the appointment from the hospital now. It should be in the next month.

I've got to have this operation because this wart impairs my vision when I look downwards.

I've got to go back to the hospital again and when I go back this time I've got to stop taking the drugs 72 hours before I go, and this will enable my blood to congeal after they've done the operation. So therefore the drugs will not impair the operation.

I'm not worried about the operation because they just freeze the eyelid, so I will not feel anything. And the eyelid will be just cut. And there's no way I can lose my sight. I'm not frightened about it; it's just one of these things that has to be done.

I've got to – muszę
eyelid – powieka
to remove – usunąć
wart – brodawka
to wait – czekać
appointment – (zamówiona) wizyta
to impair – psuć, źle wpływać, szkodzić
vision – tu: pole widzenia

to look downwards – patrzeć w dół

drugs – tu: leki

blood – krew

to congeal – tu: skrzepnąć się

to freeze – zamrozić

to feel – czuć

to cut – tu: przeciąć

and there's no way I can lose my sight – nie ma mowy, żebym stracił wzrok

frightened – przestraszony, przerażony

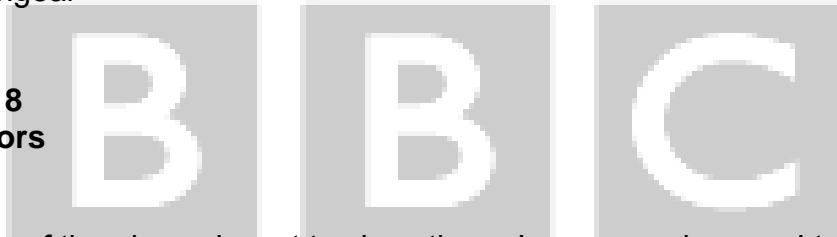
uzupełnij zdania:

1. I've got to have an operation (at, in, on) my eyelid to remove a wart.
2. I've got to stop (eating, taking, using) blood thinning drugs before I go for the operation.
3. Otherwise my blood will not (congest, congeal, digest).

odpowiedzi:

1. on
2. taking
3. congeal

Lesson 18 The visitors



Liza:

I take note of the places I want to show them. I wanna make sure I take them to the restaurants I really want them to see. They also want to see some West End musicals, which I also need to book for them. Plus, of course, Wimbledon... it's a must for them to go and see that. So I have to book all of that while they're here in London.

I need to plan everything in advance because it's the summer season, so a lot of things are gonna be booked up very quickly and I really have to try to get those things set in stone before they arrive, so I can relax and not worry about that later on.

visitor - gość

to take note – zauważać, zapamiętywać, rejestrować

place – miejsce

to show – pokazać

I wanna = I want to

to make sure – upewnić się

West End – śródmiejska dzielnica rozrywki w Londynie, słynąca z teatrów, kin, barów, restauracji itp.

to book – rezerwować

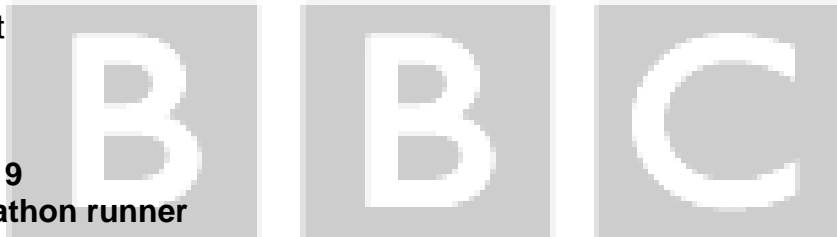
Wimbledon – dzielnica Londynu, miejsce słynnych turniejów tenisowych
a must – mus, coś co trzeba zrobić
to plan – planować
in advance – zawnazu
summer season – sezon letni
booked up – zarezerwowany, bez wolnych miejsc
to set in stone – ustalić ‘na mur-beton’
to arrive – przybyć
to worry – martwić się

uzupełnij zdania:

1. I must take (note, notes, noted) of the places in London I want to show my parents.
2. If I don't book the tickets now, everything will be booked (in, up, down) when they come.
3. Everything must be (put, laid, set) in stone before they arrive.

odpowiedzi:

1. note
2. up
3. set



Lesson 19 The marathon runner

Laurie:

I'm not scared. I'm looking forward to it, actually. But I do think that it's a tough challenge for me - probably the hardest thing physically I've ever done. I think that I'll feel very weary. I can now run a long, long way without feeling out of breath, but I know physically my legs will feel very tired. I know that I'll get blisters on my feet. I'll find that I'll get soreness throughout my body and my back as well.

The training is very difficult and I can understand why people think I'm strange at the moment. Especially as I have to run 5 miles before I come to work, do a whole day working, spend the whole week working and then go for maybe a 2 or even 3 hour run at the weekend. At the moment even I think I'm a little bit mad!

Hopefully, the atmosphere of the day is going to push me on more than anything else. There's people along the whole route, which is 26 miles. And they cheer and they shout and they wave flags.

marathon runner – maratończyk
scared – przestraszony, przerażony

to look forward to – wyczekiwać, oczekiwać na coś
tough challenge – trudne wyzwanie
weary – zmęczony, znużony
to run – biegać
out of breath – zadyszany
leg - noga
tired – zmęczony
blister – pęcherz, bąbel
feet - stopy
soreness – ból
body – ciało
back – tu: plecy
training – trening
strange – dziwny
to work – pracować
two hour run – dwugodzinny bieg
mad – szalony
hopefully – miejmy nadzieję, przy odrobinie szczęścia
to push on – popychać, dodawać bodźca
route – trasa
cheer – skandować
shout – krzyczeć
to wave flags – machać chorągiewkami

uzupełnij zdania:

1. A difficult challenge is a (tough, rough, harsh) challenge.
2. When you're having difficulty breathing after exercise, you are (out, away, far) of breath.
3. If something gives you extra strength it pushes you (in, on, out).

odpowiedzi:

1. tough
2. out
3. on

Lesson 20

Buying presents for Christmas

Ailsa:

I started buying presents round about the middle of October, just like one present a week or something like that. And if I saw something, well then, I'd buy it and then just hide them as I got them, and put them away. Sometimes I forget where I've hidden them!

I hide them because I like them to believe in Father Christmas, because it makes it that bit more exciting for them. And you watch them - their little faces, you

know, to see their little faces, really. When they get older it doesn't matter, but at this age they need to believe, I think, in Father Christmas!

We're just gonna try and get some presents out now. So I'm just gonna sneak into the cupboard under the stairs and see what we can find...

to buy – kupować

present – prezent

Christmas – Boże Narodzenie

round about the middle of October – około połowy października

one present a week – jeden prezent na tydzień

to see – widzieć, zobaczyć

and if I saw something, I'd (I would) buy it – a jak coś zobaczyłam, to zazwyczaj to kupowałam (*would* – wskazuje na czynność powtarzającą się w przeszłości)

to hide – schować, ukryć

to put away – odłożyć na miejsce

to forget – zapomnieć

to believe - wierzyć

Father Christmas – Święty Mikołaj

exciting – ekscytujący, podniecający

to watch – oglądać, obserwować

face – twarz

when they get older, it doesn't matter – kiedy dorosną, to nie będzie miało znaczenia

age – wiek

gonna = going to – forma czasu przyszłego

to get out – tu: wydobyć, wydostać

to sneak – tu: wejść ukradkiem

cupboard – szafka, kredens

cupboard under the stairs - schowek pod schodami

to find – znaleźć

uzupełnij zdania;

1. Do you believe in (Father, Daddy, Uncle) Christmas?
2. No? Well, I suppose when you (get, got, have gotten) older, it doesn't matter.
3. Let me sneak (in, to, into) the cupboard under the stairs and show you all the presents I bought.

odpowiedzi:

1. Father
2. get
3. into

Lesson 21

A trip to Paris

Michelle:

On Thursday evening I came home from work and I started packing. I thought ...hmm... it might be quite useful to find my passport, 'cos I need that to travel. Half an hour later I still couldn't find it. Then my husband started looking for the passport as well. And we were due to leave at about 10 o'clock in the morning, so we looked until 2 in the morning, then went to bed for a couple of hours.

Then at 6 I got up and looked again for another couple of hours, and then gave up - so we didn't go to Paris!

Then on the Sunday I decided to tidy up the room which we'd been through loads of times because we wanted to find the passport, and I went in to tidy it up and - there! - this is the worst thing - there, on top of a pile of papers was the passport, just looking at me! So it'd been there all the time!

trip – wycieczka

I came home from work – przyszedłam do domu z pracy

to start packing – zacząć się pakować

passport – paszport

'cos = because – ponieważ

to travel – podróżować

to find – znaleźć

to look – tu: szukać

husband – mąż

we were due to leave at about 10 o'clock – tu: musieliśmy wyjść z domu około 10-tej

to go to bed – pójść do łóżka, pójść spać

a couple of hours – parę godzin

to get up – wstać

to give up – zrezygnować

to tidy up – posprzątać

the room which we'd (we had) been through loads of times – pokój, który przeszukaliśmy wiele razy

there! – tam!

the worst – najgorszy

pile of papers – sterta papierów

to look at – patrzeć na

it'd been there all the time = it had been there all the time – był tam cały czas (Past Perfect)

uzupełnij zdania:

1. This room is so messy, I must tidy it (out, up, about).
2. I looked for my passport the whole day and then I gave (up, down, at).

3. Next day I found my passport lying on top of a (pale, pail, pile) of papers!

odpowiedzi:

1. up
2. up
3. pile

Lesson 22

Remembering the wedding

Ted:

I was married on September the 3rd 1949. My wife and I were together for a long, long time... and she died about a year and a half ago. We just missed our golden wedding because she wasn't here any longer.

We had quite lot of trouble trying to get a decent sort of reception because of the situation in the country with rationing and lack of good food and so on. But we were very lucky because the church I belonged to had a canteen. They allocated us a whole load of rationing points and that enabled us to buy a big piece of ham and things like that which we couldn't have bought otherwise.

It was in those days when there wasn't very much money about and we had to find a honeymoon venue which was reasonably cheap. We were very lucky anyway, because some friends of my mother's had a cottage down in Warwickshire near Stratford on Avon and we had a week down there, which was marvellous.

to remember – pamiętać, tu: wspominać
wedding – ślub
to be married – pobrać się
wife – żona
to be together – być razem
to die – umrzeć
to miss – tu: nie doczekać
golden wedding – złote gody
she wasn't here any longer – już jej tu (na tym świecie) nie było
trouble – kłopot
decent – porządny, przyzwoity
reception – przyjęcie
rationing – racjonowanie
lack of – brak (czegoś)
we were lucky – mieliśmy szczęście
church – kościół
canteen – stołówka
to allocate – przydzielać

a whole load of – całe mnóstwo
rationing points – punkty, za które kupowało się racjonowaną żywność
to enable – umożliwić
ham – szynka
things which we couldn't have bought otherwise – rzeczy, których w przeciwnym razie nie moglibyśmy kupić
there wasn't very much money about – nie było pieniędzy, ludzie nie mieli pieniędzy
honeymoon – miesiąc miodowy
venue – miejsce
reasonably cheap – w miarę tani
cottage – domek (zwłaszcza na wsi)
Warwickshire – hrabstwo w środkowej Anglii
marvellous – wspaniały, cudowny

uzupełnij zdania:

1. People celebrate their (silver, golden, diamond) wedding anniversary fifty years after the wedding.
2. In the years after the war people were poor, there wasn't very much money (about, at, nearby).
3. A small house, especially in the country, is called a (bungalow, cottage, mansion).

odpowiedzi:

1. golden
2. about
3. cottage

Lesson 23 Retiring

Mike:

I'm going to be saying goodbye to what I've been doing for a number of years and I've been doing a bit of that for the last week or so anyway, deleting files off the computer, throwing old paper files into the shredder. But tomorrow I shall have to say goodbye to the people as well, and that'll be the end of it really.

It will change the things I have to think about and I suppose it will allow the true me to come out perhaps more, rather than the person you have to be at work.

For the last 30 years or so I've been a great fan of skiing and I want to spend much more of the winter actually skiing, much more of the summer in the garden, much more time travelling, much more time reading, much more time with music - things that have got squeezed out.

retiring – przechodzenie na emeryturę (retirement – przejście na emeryturę)

to say goodbye – powiedzieć ‘do widzenia’, pożegnać się z kimś/czymś
a number of years – pewna (spora) liczba lat
[things] I’ve been doing for a number of years – pojawił się tu czas Present Perfect, czynności zaczęły się w przeszłości i nadal trwają
to delete files off the computer – kasować pliki w komputerze
to throw into – wrzucać
paper files – pliki papierów
shredder – niszczarka dokumentów
and that’ll be the end of it – i to będzie koniec
to change – zmieniać
to suppose – sądzić
to allow - pozwalać
the true me – moje prawdziwe JA
to come out – wyjść, ujawnić się
person – osoba
at work – w pracy
skiing – jazda na nartach
winter – zima
summer – lato
gardening – pielęgnowanie ogródka
reading – czytanie
to squeeze out – wypchnąć, wycisnąć; tu: pominąć

uzupełnij zdania:

1. I (has, have, had) been working there for the last 30 years.
2. For the last 30 years I (has, have, had) been a great fan of skiing.
3. I’m going to be doing things that have got squeezed (out, of, out of) my life.

odpowiedzi:

1. have
2. have
3. out of

Lesson 24

Sheila’s birthday

Sheila:

I’m Sheila Brady. I’m 66 today and today’s a special day because it’s my birthday!

I’ve got loads of cards from all my friends. I’ve got my families to come when they come. And I’ve got a gold chain, a bracelet, microwave, perfume...

Tonight we're going out for a meal. There'll be my son and daughter, grandson and his wife, and my granddaughter who's 9, and she's been really excited about going...

They just come around too quick now – now at my age...I do like birthdays, because you usually do something different with either your friends or your family, and then you're another year older, so then the next day you feel worse.

birthday – urodziny

loads of – mnóstwo, wiele

card – tu: karta z życzeniami

friend – przyjaciel

family – rodzina

gold chain – złoty łańcuszek

bracelet – bransoletka

microwave – mikrofalówka

perfume – perfumy

to go out for a meal – wyjść na kolację

son – syn

daughter – córka

grandson – wnuk

wife – żona

granddaughter – wnuczka

to be excited about sth – być czymś podekscytowanym, podnieconym

to come around – przychodzić, zdarzać się

at my age – w moim wieku

different – inny

older – starszy

you feel worse – czujesz się gorzej



uzupełnij zdania:

1. It's my birthday and tonight I'm going (away, out, outside) for a meal with my friends.
2. I (am, have, have got) 66 today!
3. I think at my age the birthdays come (about, around, round) too quickly!

odpowiedzi:

1. out
2. am
3. round

Lesson 25

The Queen Mother's Funeral

Karen:

There's a lot of people now gathered by the barriers hoping to get the best view of the procession and of the royal family, and there's also music playing... lots of cameras... and ... lots and lots of policemen for security, so it's a very unusual day.

Obviously, it's not a person that I knew, only from what we've learned through television and through the media, so we don't have the same personal relationship or feelings. It's a happy occasion to celebrate the life of somebody who's lived for a very long time and played an important part in our history.

I think the reason that I'm here today is, partly, to witness a historic day, if you like, because it's not something that we will ever probably see again in our lifetime.

The Queen Mother – żona Jerzego VI I matka brytyjskiej królowej Elżbiety II
funeral – pogrzeb

to gather – zbierać się

barrier – bariera

to hope – mieć nadzieję

the best view – najlepszy widok

[funeral] procession – tu: kondukt pogrzebowy

royal family – rodzina królewska

to play – tu: grać

camera – aparat fotograficzny, kamera

policemen – policjanci

security – bezpieczeństwo

unusual - niezwykły

to learn through television – dowiedzieć się z telewizji

personal relationship – osobista więź

feelings – uczucia

to celebrate – obchodzić, uczcić

life – życie

to live – żyć

to play an important part – odgrywać ważną rolę

reason – przyczyna, powód

partly – częściowo

to witness – być świadkiem

historic – historyczny, o historycznym znaczeniu

lifetime – życie (jako okres od urodzenia do śmierci)

uzupełnij zdania:

1. I've learnt a lot about her (by, through, of) the media.
2. She (made, created, played) an important part in the history of the nation.

3. I'm here to witness a (historic, historical, hysteric) day.

odpowiedzi:

1. through
2. played
3. historic

